

Nanette Goin  
Just Delicious Diabetic Bakery  
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Clackamas, OR 97015  
Local: 503-657-4547  
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Nanette, March 9<sup>th</sup>, 2016

I went specifically to my local Hollywood Fred Meyer here in Portland, OR on Thursday February 25<sup>th</sup>, 2015 to purchase three of your Éclairs after a reader of mine wrote to me saying she did not believe your nutritional labels were correct. She said that she had gained a lot of weight and that her blood sugar had gotten squirrelly. Friday morning February 26<sup>th</sup>, 2016 I ate one Éclair in a morning fasted state and took a blood glucose reading every ½ hr. for 3 hours. My glucose level went up by 51 pts. I am a diabetic, take no medicine, and control my blood glucose levels eating LCHF and I know that the 2g carbs on your label would not begin to raise my blood sugar by 51 pts. You say "No Sugar Added". If you don't think adding Wax Orchards "Fruit Sweet®" is not adding sugars you might want to rethink that. 1 cup of regular white sugar has 773 calories vs Fruit Sweet® at 672 with a measly 101 calorie difference and Fruit Sweet® is just concentrated sugars made from fruit. It is nice that you caveat your website nutritional fact sheet saying you have done your best to be as accurate as possible, that it is not required and only a courtesy to your valued customers but that is not entirely true. I realize that as a stand alone bakery you do not need to label your Clackamas in-store products but once you begin selling through Fred Meyer, the Kroger Corp. or across state lines nationwide all that changes. The FDA says you need a true, accurate, and readable label and there are many things wrong with your labels. Let's start with two glaring problems. 1.) There is no product weight in grams and 2.) There are no DV percentages, both of which are FDA federally mandated.

I am writing this letter to you as a courtesy. I took your product to have it lab tested here in Portland, OR through Exova Laboratories and have filed an FDA complaint. Your label states 200 calories & 8g fat and the test revealed 740 calories & 65g fat which certainly might explain why the woman was gaining weight. Instead of the label stated 2g carbohydrate tested at 31g which is why blood sugar levels would elevate. If you go to my website you will see that I am quite well versed in how to get results with the FDA. You can start here: <http://low-carb-scams.com/zomicks-bakery-carb-krunchers/> and be sure to watch the video interview with Arnold Diaz of Fox5TV in NYC. Carb Krunchers is now out of business. Next you may want to read this: <http://low-carb-scams.com/eatrite-foods/> EatRite Foods is now out of business.

An FDA complaint is not to put you out of business but to bring you into compliance so that diabetics can actually trust your labels. When any product is falsely labeled it is certainly bad enough but when products such as yours are falsely labeled it is poison to a diabetic and after all, you do tout yourself as a diabetic bakery.

I will be sending this same email to both: CEO W. Rodney McMullen, Kroger Corp. 1014 Vine Street Cincinnati, OH 45202 and Jeff Burt Fred Meyer Corporate Headquarters 3800 S.E. 22nd Ave. Portland, OR 97202

I am:  
Deborah Krueger  
Portland, OR  
503-282-1299  
[www.low-carb-scams.com](http://www.low-carb-scams.com)  
[quiltmaker@kingsizequilts.com](mailto:quiltmaker@kingsizequilts.com)

Deborah:

While I appreciate your concern, you are going to have to back up what you are saying. My products have gone through a nutritional food program and my reporting is from this program. I have been delivering to Kroger and hospitals for the last 7 years, have passed their nutritional experts, have the approval of Weight Watchers (some of our customers have lost over 100 lbs. eating our products), and no one has **ever** reported a rise in sugar levels. We are actually applauded for it not happening. As for the woman who gained weight on our éclairs, I question what else she is eating and how many she is eating at a time. Some people have no will power and will consume more than they should. Is she taking insulin, controlling her diabetes with oral only, what are her eating habits?

First: I would like a copy of the analysis report specifically listing my éclair as the subject of the analysis.

Two: I would like a copy of the receipt showing the amount you paid for the analysis to be done. I did some checking on this facility and the compliments are only 3 points higher than the complaints.

Third: I would like a copy of the complaint you filed with the FDA commission. I am FDA approved and have had their team in my bakery giving me an excellent report on my labeling, etc. There was no mention on their part about DV required.

Fourth: I would like a copy of the correspondence from your reader stating her concerns.

As I have had years of dealing with diabetics, I question your 51 point rise in glucose. You ate the éclair on a morning fast many variables can cause this. What else did you eat, did you have any water that morning before or after, how soon did you eat after waking?

You mention fruit sweet. Fruit sweet is used in very few of our baked goods 1 cup to a specific muffin that makes 140 muffins. It is not in our pastry items. We use Stevia and Xylitol. Also, Fruit Sweet from Washington State is approved by the ADA as a safe product to use for diabetics because it does not raise the glycemic index. Also, ADA has been in contact with us and has requested that we provide products for them for their events. They don't seem to have a problem with us, our nutritional facts (they checked us out thoroughly) and they're the experts.

I doubt I will hear from Rodney McMullen, but if Jeff Burt calls we will have a long overdue visit.

I look forward to receiving the above requested printouts that you have to back-up your allegations. If I do not hear from you with the requested information, than I can only assume that there is no merit to your allegations and wonder why you singled our bakery out.

Sincerely,

Nanette Goin  
503-657-4547

Nanette,

I will address each of your paragraphs (lines) in order.

Paragraph 1) While I appreciate your concern, you are going to have to back up what you are saying. My products have gone through a nutritional food program and my reporting is from this program. I have been delivering to Kroger and hospitals for the last 7 years, have passed their nutritional experts, have the approval of Weight Watchers (some of our customers have lost over 100 lbs. eating our products), and no one has **ever** reported a rise in sugar levels. We are actually applauded for it not happening. As for the woman who gained weight on our éclairs, I question what else she is eating and how many she is eating at a time. Some people have no will power and will consume more than they should. Is she taking insulin, controlling her diabetes with oral only, what are her eating habits?

I can verify everything I have said and I have laboratory test results to prove it. I don't care what nutritional food program you are using or reporting from because whatever you are using is not working for you. How sad for all the diabetics and overweight people who have eaten your products for the last 7 years. As to Weight Watchers approval? Look at the crapola they put in their products and Oprah is now the face of Weight Watchers who says: Let Them Eat Bread. Make no mistake Oprah, like everyone else, is in it for the money. Are you aware that not many diabetics even test their blood sugar every day let alone several times a day? They just believe, inject their insulin and eat away. You question what else she is eating and how many she is eating at a time. She was eating ½ serving every other day or so. As for her will power? She is a very thin, healthy, active 20 yr. old college student so I doubt will power has anything to do with anything. This woman does not inject insulin or take any oral medications. She is NOT DIABETIC but actually the exact opposite. At age 18 she was diagnosed as severely hypoglycemic and advised to eat low carb. As to no one **ever** reporting a rise in sugar levels. Not true-I have.

Paragraph 2) First: I would like a copy of the analysis report specifically listing my éclair as the subject of the analysis.

I have never given anyone nor will I give you a copy of my lab report. I paid for it and it is none of your business. The only people who have it are the people who count, and that is the FDA.

Paragraph 3) Two: I would like a copy of the receipt showing the amount you paid for the analysis to be done. I did some checking on this facility and the compliments are only 3 points higher than the complaints.

Same answer as above, it is none of your business what I paid for the lab tests. Have your own lab tests done. You may also be sure that Exova Laboratories has impeccable credentials and operates worldwide. I have been using Exova for over 4 years and as I said it's the FDA that counts.

Paragraph 4) Third: I would like a copy of the complaint you filed with the FDA commission. I am FDA approved and have had their team in my bakery giving me an excellent report on my labeling, etc. There was no mention on their part about DV required.

You may follow your case through the FOIA.

We seem to have a little non-truth telling here. The FDA did not approve you or your products.

When the FDA comes to visit you most often would not know it and especially coming in on a filed complaint. You might want to read here: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm047470.htm>

**FDA does not approve the food label, including Nutrition Facts.**

FDA does not approve individual food labels before food products can be marketed. But FDA regulations require nutrition information to appear on most foods, including dietary supplements. Also, **any claims on food products must be truthful and non-misleading, and must comply with any special requirements for the type of claim.** Manufacturers are required to provide the serving size of the food and information about the nutrient content of each serving on the "Nutrition Facts" panel of the food label. It is up to a company to put a true and accurate nutritional facts label on its products.

Paragraph 5) Fourth: I would like a copy of the correspondence from your reader stating her concerns.

The correspondence from my reader is confidential and I would not consider sharing it with you.

Paragraph 6) As I have had years of dealing with diabetics, I question your 51 point rise in glucose. You ate the éclair on a morning fast many variables can cause this. What else did you eat, did you have any water that morning before or after, how soon did you eat after waking?

Obviously you have not had as much experience as you think. I said my testing was in a fasted state and water (which I did not have) does not elevate blood sugar levels. (At least not mine) I neither ate nor drank anything else. You may want to question me but I have kept a food diary of everything I have eaten for the last 5½ years with test reading at least 3-4 times a day and in the case of testing a product many more than that.

Paragraph 7) You mention fruit sweet. Fruit sweet is used in very few of our baked goods 1 cup to a specific muffin that makes 140 muffins. It is not in our pastry items. We use Stevia and Xylitol. Also, Fruit Sweet from Washington State is approved by the ADA as a safe product to use for diabetics because it does not raise the glycemic index. Also, ADA has been in contact with us and has requested that we provide products for them for their events. They don't seem to have a problem with us, our nutritional facts (they checked us out thoroughly) and they're the experts.

I have absolutely no confidence in the glycemic index (sugar is sugar is sugar) and I have even less confidence with the American Diabetes Association. They are backed and funded by companies like McDonalds, Coca Cola, Hersheys, Pepsico, Kelloggs, General Mills, Dannon Lite & Fit and Mars. These companies are a who's who of junk food and the ADA is backed by almost all of BigPharma. [AstraZeneca Sanofi Boehringer Ingelheim Pharmaceuticals Eli Lilly GlaxoSmithKline Janssen Pharmaceuticals Johnson & Johnson Diabetes Solutions Merck Novo Nordisk Pfizer](http://AstraZeneca%20Sanofi%20Boehringer%20Ingelheim%20Pharmaceuticals%20Eli%20Lilly%20GlaxoSmithKline%20Janssen%20Pharmaceuticals%20Johnson%20&%20Johnson%20Diabetes%20Solutions%20Merck%20Novo%20Nordisk%20Pfizer) Even your Kroger company is among the ADA elite. [Colgate Total® Kroger MediPeds® Nutrisystem® D® Walgreens](http://Colgate%20Total%20Kroger%20MediPeds%20Nutrisystem%20D%20Walgreens) The ADA advocates shoot-up and carb-up. The American Diabetes Association collectively are the experts of nothing and Registered Diabetic Educators...another joke. Nobody wants diabetes to go away...there is way too much money in it. As to your supplying products for ADA events? Perfect and as I said Carb-Up Shoot-Up. Of course the ADA does not have a problem with you-it keeps them in business. There is no money to be made by the American Diabetes Association by advocating low carb. I personally eat low carb to control my diabetes as I do not need to lose weight but you know what? The ADA does not make and never has made any money with me. I am a lost cause to them because...I am healthy.

Paragraph 8) I look forward to receiving the above requested printouts that you have to back-up your allegations. If I do not hear from you with the requested information, than I can only assume that there is no merit to your allegations and wonder why you singled our bakery out.

You know what's sad? That you have preyed on diabetics and people who are trying mightily to lose weight because they wanted to trust you. Unfortunately, you have not been worthy of that trust. I did not single out your bakery per se, you singled yourself out by cheating the system. If you had not been so greedy selling your products through Kroger, Fred Meyer, and gone nationwide no one would have been the wiser because as I said in your own bakery you don't have to label any of your products. You could have just as easily poisoned people in secret. You got yourself in trouble by lying on your nutritional labels.

65g of fat is obscene and accounts for 585 of the calories in your éclairs let alone the carbohydrates at 31g which is another 124 calories. You do the math which means leftover calories come from protein which you list as a big fat (pardon the pun) 0 on your label. 65g of fat is 100% of what is suggested when eating 2,000 calories a day.

There is term for what you (and others) do. It is called EMA or Economically Motivated Adulteration. If you would like to read about it: <http://foodfraud.msu.edu/wp-content/uploads/2014/01/CRS-Food-Fraud-and-EMA-2014-R43358.pdf> and this is a little shorter: <http://www.foodsafetymagazine.com/magazine-archive1/februarymarch-2014/trends-and-solutions-in-combating-global-food-fraud/>

Well, now you have my answer(s), and I have been down this road before. Your arguments are specious and do not hold water.

Know this: The wheels of government grind exceedingly slow and exceedingly fine. Your time will come.

Deborah Krueger